Michele Sodon

NUTRITION PER SERVING:

CALORIES	221
PROTEIN	23 G
CARBOHYDRATE	21 G
TOTAL FAT	6 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	3 OZ CHICKEN, 1 C VEGETABLES

1 BAG	(12 OZ) FROZEN VEGETABLE STIR-FRY
1 TBSP	PEANUT OIL OR VEGETABLE OIL
1 TBSP	GINGER, MINCED
1 TBSP	GARLIC, MINCED (ABOUT 2–3 CLOVES)
1 TBSP	SCALLIONS (GREEN ONIONS), RINSED AND MINCED
2 TBSP	RICE VINEGAR
1 TBSP	ASIAN HOT CHILI SAUCE
2 TBSP	BROWN SUGAR
1 TBSP	CORNSTARCH
1 C	LOW-SODIUM CHICKEN BROTH
12 OZ	BONELESS, SKINLESS CHICKEN BREAST, CUT INTO THIN STRIPS
1 TBSP	LITE SOY SAUCE

Copyright 2020, AIR, Inc. All rights reserved.

SWEET-AND-SOUR CHICKEN

SWEET AND SOUR FLAVORS MAKE A WINNING COMBINATION IN THIS HEALTHIER VERSION OF A POPULAR CHINESE DISH

01 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 6.

02 Heat oil in a large wok or sauté pan over medium heat. Add ginger, garlic, and scallions, and stir fry until cooked, but not browned, about 2–3 minutes.

03 Add the rice vinegar, chili sauce, and brown sugar to the pan, and bring to a simmer

04 In a bowl, mix cornstarch with chicken broth, and add to the pan. Bring to a boil over high heat, stirring constantly. Lower heat to a gentle simmer.

05 Add chicken, and stir continually for 5–8 minutes.

06 Add vegetables, and mix gently. Simmer with lid on to reheat, about 2 minutes.

07 Add soy sauce, and mix gently.

08 Divide into four even portions, and serve.

Tip: Try serving with a side of steamed rice.

✔ Chili sauce may be too spicy for children—consider adding this ingredient individually at the table